

## PAPER BAG COOKING

### WONDER-WORKING SYSTEM PERFECTED BY M. SOYER, WORLD'S GREATEST LIVING CHEF

#### DUET BETWEEN PAN AND BAG.

By Martha McCulloch Williams.

Experience has been my only school—which, perhaps, accounts for the fact that I hold no opinions half heartedly. Especially about cooking. It seems to me the finest of fine arts, all too much misprised, and held a druggery instead of a privilege. Possibly this makes me reactionary—a holder-fast to old methods. Certainly when Soyer's paper bag cooking was suggested to me, there was not a stouter skeptic in all these United States. Soyer's experience did nothing to change my mind. Rather, it convinced me that paper bag cooking was one of the things that cost more than they come to. For I set myself this sum. Bags, plus greasing, plus clips, equal the cost of many sauce pans. Furthermore, it is against sense and reason that the mere putting of food in a bag should either hasten the cooking or better the flavor of it. Thus I argued the case forthrightly, but ended by concession—I would try out paper bags and see what I should see.

The first bag left me warmly triumphant. Wisdom ferments like yeast. As I acquired it, there was no keeping it to myself. It dripped down upon my next story neighbor, a cook both born and made. She was interested but skeptical—less so than I had been, notwithstanding of an open mind. So when I proposed an experiment—a culinary duel, if you please—whose result was to be decided by the scales, she was ready, even eager to engage in it.

Each of us bought a rib roast—hers weighing four pounds, mine but three. To the eye, they were identical save in the matter of size. And our gas ranges are oven-brothers, made by exactly the same pattern. Her roast went into a pan, mine into a bag. Not having to baste nor watch mine, after the flame was turned down properly, I had liberty to run in on her and see how she fared. She was doing her best—a best that is superlative watching and basting her beef with the skill of a chef. The result was something beautiful to behold when she took it out after little more than an hour. Mine was still in the oven, its bag intact, though I had turned out the gas after forty-five minutes. It had not been on full for forty minutes, whereas my neighbor had kept hers lowered only the least bit. The exact saving of gas I do not undertake to compute—but that there was a saving is beyond question.

The scales showed her roast to have lost in weight a fraction over nine ounces. Mine, lighter by a pound, had lost a fraction under two ounces. Furthermore, all the strength of my meat was in the gravy. A fifth at least of hers remained sticking to the pan, though she treated it in the usual way. We reckoned that a paper bag would have saved her a half pound weight of beef, equivalent to twelve cents, the cost of many paper bags. Indeed, I felt that the gas saving alone would have more than paid for the bag, the clips, the greasing. Moreover, my beef was tenderer than

hers, had a richer taste, and was juicier. Smothered Chicken.—Have a good-sized broiler cut into joints, taking care not to leave sharp bones to the joints. Salt and pepper them lightly, dredge with flour and lay in a well greased bag upon thin slices of bacon. Cover with more bacon slices, taking care to keep the chicken spread rather flat. Add a tablespoonful of water, or a couple of peeled and sliced tomatoes. Shreds of green pepper add somewhat of flavor to the tomatoes. Seal in bag and cook for forty minutes, slacking heat almost half after the first five minutes.

#### BOON TO THE SLENDER PURSE.

It is as true as it is piteous that "the poor is destroyed by his poverty." Strength and competence, the high roads of escape from poverty, depend primarily on health, which in turn depends so much upon food. For these many, many years it has been patent that many of our fellow creatures have been handicapped in the race of life by improper food or the improper preparation of cheap food that would be health-giving in ample quantity if prepared properly for the palate.

There is opening now an avenue of possible escape. I mean the paper bag. By its help, the cheap cuts which alone are within the compass of slender purses, may be cooked in such fashion as to yield the last grain of nourishment they contain, and be bettered in the process. Further, they will sauce and season much other cheap food-stuff, thereby doubling or trebling its dietetic value.

This can be accomplished through the medium of stews. Meat for stewing may be bought at the lowest current prices—flank, neck scrap, shank—it is all the same to the bag. Have a care in cutting it up, that no sharp bones are left projecting. Wash clean, but very quickly, after cutting up, dry with a damp cloth—which is not paradoxical though it sounds so—season lightly with salt and pepper and let lie for an hour in a cool place. Wash the vegetables carefully, cut them up, and put in cold water.

Grease a roomy bag very well—a stew of all things needs not to be skimped in space. Put a thick layer of the mixed vegetables, dripping wet, at the bottom of it, on that a layer of meat, then more vegetables, the rest of the meat, then the last of the vegetables, thrusting in among them a good lump of fat, either drippings, butter or lard, that has been rolled in flour. Pour in a tablespoonful of water for each pound of meat, fold the bag, clip it extra securely, put in a hot oven, after ten minutes reduce the heat one-half, and cook from two to three hours, depending on the bulk. Take up in a deep dish, stir well, taste, add more salt and pepper if needed, and serve very hot. The proportion of vegetables to meat may be three to one, or even four to one, if there is plenty of extra fat.

Stew Without Meat.—Try out two ounces of suet, taking care not to scorch the tissue, but to get it brown, put in enough toasted bread crumbs to absorb the fat entirely, stir them well about, sprinkle with salt and pepper, then put in a bag in layers with sliced tomatoes, sliced carrots, onions sliced and soaked half an hour in salt water, also pieces of tart apple—peeled of course. Season each layer lightly as you put it in, remembering always that salt and pepper can be added, but can not be taken away. Add bits of butter also if you want the stew very rich. Add at the very last half a gill of stock, or milk and water, seal bag tight, put in a hot oven, slack heat after five minutes, and cook for three-quarters of an hour.

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#### For Late Suppers

By Nicolas Soyer, Chef of Brooks' Club, London.

Dried Herrings with Fine Herbs.—Few people know how very nice smoked and dried fish can be when cooked in a paper bag and seasoned in the French fashion. Take four dried herrings, bone them, fill the cavities with a little (about half a teaspoonful to each fish) finely minced shallot, or chives, and parsley. Add a few fresh breadcrumbs and tiny bits of butter. If liked, a tiny grate or nutmeg may be added as well as a good dust of pepper. Put into a well greased bag and bake in the oven for ten minutes. Dish up and serve as hot as possible. Other dried fish are excellent prepared in the same way.

Riz Aux Crevettes.—Take four ounces of boiled rice, add to it pepper and salt to taste, a lump of butter about the size of a big Brazil nut, and two dessertspoonsful of finely grated cheese. Put this mixture in a well greased bag and make very hot for six minutes. Then open the bag and stir in gently a few flaked shrimps. Mix in lightly with a fork. Replace the bag on the broiler, make hot for another three minutes, then dish up and serve.

Jambon Milanais.—Take six slices of either raw ham or breakfast bacon, machine cut if possible, take also half a pint of cold boiled peas, and if to hand, half a dozen cold boiled new potatoes. Put the slices into a bag and cook them, then take out, and add the peas and the potatoes, the latter first thinly sliced, and cook in the ham fat until very hot. Empty on to a hot dish and pour over the peas half a pint of very hot well-seasoned tomato pulp or tomato catsup, which ever is preferred. The peas and po-

tatoes should be arranged as a border with the slices in the middle. When they can be had, half a dozen chicken livers greatly improve this dish.

#### PLAIN ROASTS.

Sirloin, Round, or Ribs of Beef.—Grease well with drippings (but this is not absolutely necessary). Put the joint in a bag. Do not season the joint before cooking. Put the joint on a broiler, in a moderate oven. For a three-pound joint allow forty-five minutes; a seven-pound joint, an hour and twenty minutes; fourteen pounds, two hours and fifteen minutes.

Veal Mutton, or Pork can be cooked in the same way as beef. If a thick gravy is required, roll the joint in flour before placing in the bag. Allow the same time as for beef.

Roast Chicken.—Cover the breast of the fowl or chicken with butter or drippings, or, better still, tie a piece of fat bacon over it. Place in a bag and set on broiler in a hot oven. Allow twenty-five minutes for a small spring chicken, thirty-five minutes for a large fowl, forty-five to fifty minutes (according to size) for stuffed poultry or game, in a moderate oven. Roast Turkey or Goose.—Allow one and a quarter hours in a moderate oven; if stuffed, allow one hour and forty-five minutes to two hours.

Roast Pigeon.—This requires very delicate cooking. My method cooks a pigeon to perfection, whether it is stuffed or not. To roast, allow fifteen minutes in a very hot oven; if stuffed, allow twenty to twenty-five minutes. (Copyright, 1911, by Sturges & Walton Company.)

## DYNAMITE FOR FARM USE IS GRADUALLY BECOMING GENERAL

Greatest Saving Effect by Use of Explosive Is in Time and Labor—Tools and Implements Needed Are of Simplest and Material Is Harmless if Handled With Great Care.



Placing Stick of Dynamite in Position.

It is not very long since the use of dynamite for farming purposes has become general. And indeed it is a very good help to the farmer and colonist who is starting to get his land cleared of all the stumps and stone boulders on it.

In undertaking to clear a piece of ground of tree stumps it is obvious, if the land is to be speedily utilized, that the work must be done as quickly and as economically as possible. It will, for example, take two men with a team of horses from a half to two days to remove a single tree stump, according to its size and depth to which it has grown. Even with expert workers this work is laborious and expensive, and in the case of a forest-grown country, the very cheapest land may become unpleasantly costly. The greatest saving effect by dynamite is in time and labor. It is a saving so large that the cost of the raw material and the simple implements required bear hardly any proportion to the cost of the work by old-fashioned methods. As a matter of fact, the tools and implements needed are the simplest: a long auger, a firing battery, starters, and a coil of fine copper wire. Nothing more, save the dynamite itself, is needed for the work. Yet there is one other thing required, that is care. In handling dynamite with great care it is harmless, but one must avoid subjecting it to shocks, and kept at an even temperature and away from wetness, because wet dynamite is liable to ignite by itself.

In order to drain some part of land the subsoil of which is quite impervious and underlies low ground, the marshy surface can be recovered by ditching. In this process dynamite is of great use and its advantage is obvious. The ditches and drains are excavated by exploding charges of about one-half pound of 50 to 60 per cent. quick acting dynamite in holes put down in a line and spaced approximately two feet apart. Only the middle charge in the row is primed and the explosion of this charge causes the entire row to explode. In this way a ditch three feet deep and five wide and of any desired length can be excavated instantly without shoveling.

Swamps are drained by drilling several holes in the deepest part and exploding in the bottom of these holes from three to fifteen pounds 30 per cent. dynamite. Properly done, the swamps will never form again. In order to break the subsoil in orchards, holes are put down four or five feet deep, midway between the trees. When young trees are planted the hole is dug with a quarter pound or one-half pound of dynamite. This loosens the surrounding soil so that

the tree roots grow deep into the soil for moisture. In some ground trees planted in blasted holes are almost twice as large when a year old as those planted in holes dug by hand.

Dynamite is also used on the farm to excavate trenches for tilling or for pipe lines, to dig cellars and foundation trenches to grade and ditch roads, to sink wells, to clear ice from watering places for stock and to break ice gorges in streams, to dig holes for poles or for fence posts and to split logs for fence rails, cord wood and others.

## LARGE DEMAND FOR POTATOES

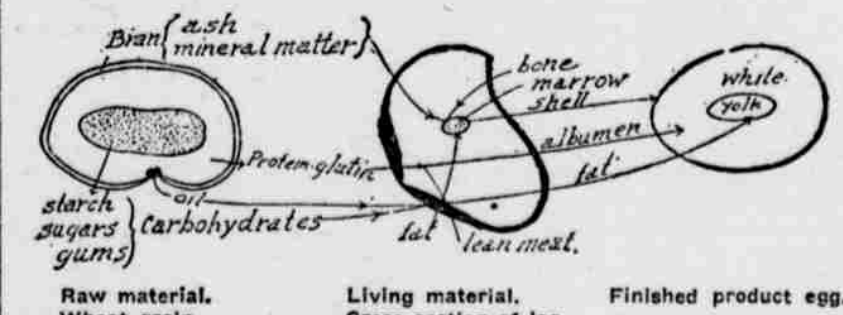
Market Requirements Stimulating Development of Growing Industry Near City of Chicago.

Increasing demand for potatoes in the Chicago market is stimulating the development of the growing industry in nearby states. The demand all over the country for the tuber, both for local and general domestic use and the export trade, has increased, and production is showing notable gains.

The land in potatoes increased from 2,601,000 acres in 1889 to 2,839,000 acres in 1899 and 3,669,000 acres in 1909. The acreage in 1909 was thus about 41 per cent. greater than in 1889. The production of potatoes in 1879 was 169,459,000 bushels, as compared with 389,195,000 bushels in 1909. The increase in the thirty years was thus nearly 130 per cent. Population during the same period increased about 80 per cent. This is the only important food crop which has increased faster than population. Increases in acreage of potatoes are noted in all the geographic divisions. The largest actual increases are found in the two north central divisions, the eastern section showing an increase of 148,839 acres, or 15.5 per cent. and the western section an increase of 146,629 acres, or 23 per cent. A large increase in acreage is to be noted in Minnesota.

The average production per acre, perhaps in part by reason of temporary weather conditions, increased from 93 bushels to 106.1 bushels. Along with the increase in acreage and production went an even larger relative increase in the value of the potato crop, which increased from \$98,280,000 to \$166,424,000, an increase of over 68,000,000, or 69.2 per cent. The average value of potatoes per bushel thus increased from 36 cents to 43 cents, or about 19 per cent.

## NUTRITIVE VALUES IN FOOD



A nutritive ratio is the ratio between the energy given off by the protein and the energy given off by the carbohydrates. To find this nutritive ratio, the carbohydrates plus 2 1/2 times the fat is divided by the protein. Thus, the nutritive ratio may be 1 to 4, meaning that something contains four times as much of the fat or heat and energy-forming elements, as it does protein or meat-forming elements. Thus it may be seen that chicken feeds differ in the amounts of the different elements. Taking corn for example, the fat-forming elements are nearly ten times as great as the nitrogenous or protein elements. This gives the nutritive ratio of 1:9.6. With meat scraps, the

nutritive ratio is the other way, there being twice as much protein as carbohydrates. Thus, in order to scientifically and properly make up a ration or mixture of feeds for hens, the number of pounds of protein, carbohydrates and fat must be considered as well as the number of pounds of grain. Dr. W. P. Wheeler of the New York experiment station at Geneva, N. Y., says "that 500 pounds live weight of hens in full laying, each hen weighing from three to five pounds, would require: Dry matter—27.5 pounds; ash, 1.5 pounds; protein, 5.0 pounds; carbohydrates, 18.75 pounds; fat, 1.75 pounds. This has a nutritive ratio of 1:4.6."



He (nervously)—What will your father say when I tell him we're engaged? She—He'll be delighted, dear. He always is.

Astonished Husband. De Wolfe Hopper tells a good story about the domestic unhappiness of another actor. The hero of the joke was a man who had married because the woman had much money, although no beauty. Naturally, after the wedding ceremony and the acquisition of the bride's financial resources, the husband was never very attentive to her.

Another member of the company in which the couple were appearing was, however, far more appreciative of the lady's charms, and proceeded to make love to her in an ardent but stealthy manner. The grand finale came one evening when the actor discovered the other man kissing his wife. The fond lover stood petrified with fear, and expected to be shot down the next moment.

No such thing happened. The outraged husband only lifted his hands toward the ceiling with a gesture of intense surprise, and exclaimed: "Merciful heavens! And he didn't even have to!"

The Ugly Brute. "See that measuring worm crawling up my skirt!" cried Mrs. Bjerk. "That's a sign I'm going to have a new dress." "Well, let him make it for you," growled Mr. Bjerk. "And while he's about it, have him send a hookworm to do you up the back. I'm tired of the job."

A very successful remedy for pelvic catarrh is hot douches of Paxtine Antiseptic, at druggists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

Parlez-Vous Français? He—Does she speak French at all? She—Well, yes; but only enough to make herself unintelligible.—Judge.

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A woman seldom eats if there is anything else for her to do.

Mrs. Whalow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

In every action, reflect upon the end, and in your undertaking it consider why you do it.—Jeremy Taylor.

When the Millennium comes Garfield Tea and Holy Church will not be longer needed.

No, Alonzo, a girl isn't necessarily an angel because she is a high flyer.

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## Sick Women

When shown positive and reliable proof that a certain remedy had cured many cases of female ills, wouldn't any sensible woman conclude that the same remedy would also benefit her if suffering with the same trouble?

Here are five letters from southern women which prove the efficiency of Lydia E. Pinkham's Vegetable Compound.

#### LETTER FROM VIRGINIA.

Elliston, Va.—"I feel it my duty to express my thanks to you and your great medicine. I was a sufferer from female troubles and had been confined in bed over one third of my time for ten months. I could not do my housework and had fainting spells so that my husband could not leave me alone for five minutes at a time."

"Now I owe my health to Lydia E. Pinkham's Vegetable Compound and Blood Purifier. Whenever I see a suffering woman I want to tell her what these medicines have done for me and I will always speak a good word for them."—Mrs. ROBERT BLANKENSHIP, Elliston, Montgomery Co., Va.

#### LETTER FROM LOUISIANA.

New Orleans, La.—"I was passing through the Change of Life and before I took Lydia E. Pinkham's Vegetable Compound I was troubled with hot flashes, weak and dizzy feelings, backache and irregularities. I would get up in the morning feeling tired out and not fit to do anything."

"Since I have been taking your Compound and Blood Purifier I feel all right. Your medicines are worth their weight in gold."—Mrs. GASTON BLONDEAU, 1541 Polymnia St., New Orleans, La.

#### LETTER FROM FLORIDA.

Wauchoha, Fla.—"Some time ago I wrote to you giving you my symptoms, headache, backache, bearing-down, and discomfort in walking, caused by female troubles."

"I got two bottles of Lydia E. Pinkham's Vegetable Compound and a package of Sanative Wash and that was all I used to make me a well woman. I am satisfied that if I had done like a good many women, and had not taken your remedies, I would have been a great sufferer. But I started in time with the right medicine and got well. It did not cost very much either. I feel that you are a friend to all women and I would rather use your remedies than have a doctor."—Mrs. MATTIE HOBKOT, Box 406, Wauchoha, Florida.

#### LETTER FROM WEST VIRGINIA.

Martinsburg, W. Va.—"I am glad to say that Lydia E. Pinkham's Vegetable Compound has done wonders for my mother, daughter and myself. I have told dozens of people about it and my daughter says that when she hears a girl complaining with cramps, she tells her to take your Compound."—Mrs. MARY A. HOGGEBERRY, 712 N. 3rd St., Martinsburg, W. Va.

#### ANOTHER LETTER FROM VIRGINIA.

Newport News, Va.—"About five years ago I was troubled with such pains and bloating every month that I would have to go to bed. I had heard of Lydia E. Pinkham's Vegetable Compound and I soon found relief. The medicine strengthened me in every way and my doctor approved of my taking it."

"I will be glad if my testimony will help some one who is suffering from female weakness."—Mrs. W. J. BLAYTON, 1039 Hampton Ave., Newport News, Va.

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